

WHAT IS NATURAL MEDICINE?

Practitioners of Natural Medicine

Practitioners of natural medicine, (DNMs), Doctor of Natural Medicine, should not be confused with Doctor of Naturopathy (NDs). The later (NDs) use some drugs, and do minor surgery, in contrast to DNMs who only use natural gentle therapies. Naturopathy tends to follow a more Western model of diagnosis and treatment, whereas doctors of natural medicine follow a vitalistic, bio-energetic model. Natural medicine is often called Vital energy Medicine and is based on the work of Paracelsus (1), a medical reformer of the 16th century. He is considered to be the “Father of Natural Medicine” and advocated using natural methods of healing to stimulate the vital life force (bioenergy) in the human body to heal itself. He was convinced that the best way to stay healthy was to live a simple, natural lifestyle in harmony with nature, using all the resources available in nature for healing.

Modern day DNMs study anatomy and physiology, pathophysiology, biochemistry, bioenergetics, nutrition, exercise, herbal medicine, homeopathy, various body and mind therapies including energy psychotherapy, and counseling. DNMs also include modern technology in their scope of practice. DNMs can be found in over 100 countries and are recognized by the World Health Organization (WHO). The American Naturopathic Medical Certification Board offers a national certification examination to qualified DNMs in Natural Medicine and herbs (Master Herbalist). (2)

Natural Medicine

Natural medicine is a healthcare practice, that has as its main focus natural methods of therapy, such as nutrition, herbs, homeopathic, wholesome natural diets, exercise, and various body-mind therapies like biofeedback, including bioenergetics, and neuro-vascular reflex therapies. It places importance on “nature relatedness” and “nature connectivity” and sees many health problems as a “natural deficit syndrome”. A syndrome is a collection of symptoms; such symptoms can include depression, anxiety, and loss of energy and meaningfulness as well as a weakened immune system. (3)

(1) Vital energy Medicine by Peter W. Gosh

(2) ANMCB National Headquarters in Las Vegas, Nevada

(3) The Oxford Textbook of Natural as Medicine